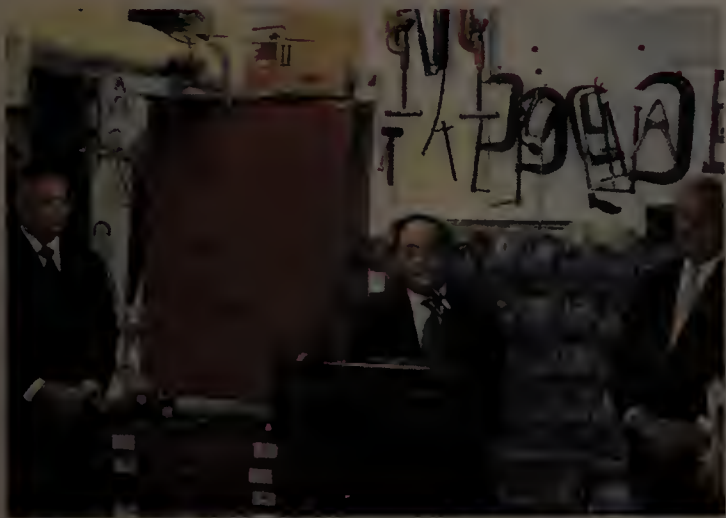


本期舢舨中文



華美福利會獲贈獎金、即參與打造綠色波士頓職訓計劃

~見第一版



入籍考試樣題精選

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波士頓男孩搖滾樂團音樂令人難忘

~見第五版



AACA's executive director Chau-ming Lee greeted Boston Mayor Thomas M. Menino at the award ceremony. Photo by Cody Yiu

AACA wins grant to help make Beantown Greentown

By Cody Yiu

The Asian American Civic Association (AACA) was awarded a grant of \$125,000 by Boston Mayor Thomas M. Menino for the agency's winning proposal to run a "green collar" job training program. The award ceremony took place at Lenox Hotel in Boston on November 18th.

The AACA pitted against four other non-profit agencies in grant-writing and emerged victorious. The grant is to fund a "Facilities Maintenance Energy Efficiency" training program that will train 28 people in the first cycle. The program seeks to equip students with the know-how of environmental technology, or also known as "GreenTech."

In June 2008, Menino issued a request for concept papers to seek proposals that would boost the skills of local residents, so that they are ready to fully participate in the emerging green technology industries.

"To combat climate change and meet future energy challenges, our region and the nation will need hundreds of thousands of "green-collar" workers," Menino said at the award ceremony. "Despite the downturn in the economy, the City needs to be

ahead of the curve and prepare residents now for the next wave of jobs, many of which will be generated by new technologies created in a green economy," he said.

The AACA was excited to receive the grant after two rounds of grant-writing—a concept paper and a full-length proposal—and months of hard work.

"We are very pleased to be awarded this grant. This program is good for the city, good for AACA, good for our clients and students; overall, it's a good initiative for everyone," said Chris Albrizio, the AACA's Facilities Maintenance Program coordinator, whose team produced the prized proposal. "We are excited about being on the forefront of a new economy that will be focused on green technologies. I'd like to thank the whole staff who put their time and effort into getting this grant proposal together, all the employers who signed on to be partners, and the Mayor and his Office of Jobs and Community Services. Altogether, it was a great team effort. Now, we must focus on getting this program up and running," he

CONTINUED PAGE 4

Asian Americans and the Immigration Issue

By Christopher Rogacz

Just how to Asian Americans feel about immigrants and immigration issues? A recent survey from the Institute for Asian American Studies at the University of Massachusetts, Boston, in cooperation with the Asian American Resource Workshop, the Chinese Progressive Association, and the Vietnamese American Initiative for Development, aims to shed some light on those and related questions.

The origins of the survey trace back to a seeming paradox. In 2006, on May Day, thousands of immigrants from across the country staged what was called "A Day Without an Immigrant," a general strike-style walk-out designed to illustrate just how integral immigrants are to the life and functioning of the United States. While the focus of the national coverage was primarily on Latino immigrants, the scope was in fact much broader and aimed to unite different ethnic groups under a common cause. The impetus for the protest is largely attributed to the beginnings of governmental crackdown on illegal immigration as the 2006 mid-term elections drew near. However, as the Boston Globe reported, the Asian American population was largely absent from the day of protest.

The survey set out to understand why, and whether this non-action says anything about the general political attitudes of the Boston area's Asian American population with regard to activism, support for Latino immigration movements, and the immigration issue overall.

The survey respondents were 412 individuals, out of a random sample of almost 3,500 to whom the survey was given. Approximately three fourths of those surveyed are Chinese, and under one fourth is Vietnamese. Slightly more than half are female. The report concluded that 80%

CONTINUED PAGE 3

AACA Workshop

The Asian American Civic Association will hold a free workshop on how to use its new web site, Communicating at Work (<http://aaca-boston.org/caw>). The workshop will be held from 6 to 7 PM Monday, November 24 at AACA, 87 Tyler St. 4th floor. For more information, call 617-426-9492 ext. 223.

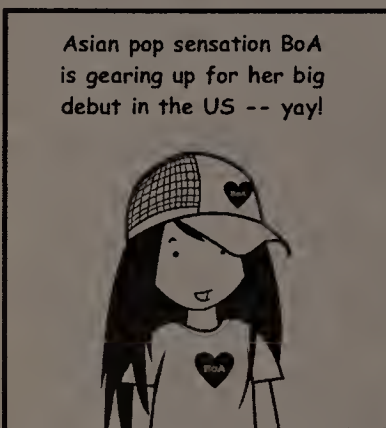
Wilkerson Resigns

Dianne Wilkerson, longtime State Senator for the Second Suffolk District, has resigned her seat following allegations that she accepted \$23,000 in bribes. The Senate unanimously asked for Wilkerson's resignation. Wilkerson's time on Beacon Hill was at any rate limited by her electoral loss to Sonia Chang-Diaz.



ah-Lin!

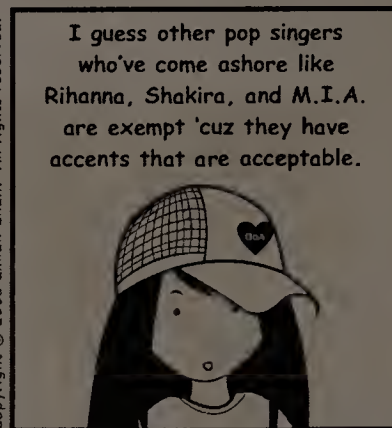
by Lillian Chan



11-12-08



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www.lillianchan.com

SAMPAN

A Publication of the AACA

www.sampan.org

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Subscriptions: \$30/year (3rd class mail); \$60/year (1st class mail). Direct requests to Yu-Ting Liu, Ext. 206./Advertising: \$12 per column inch; \$170 per quarter page; \$300 per half page. Surcharges apply for translation and/or typesetting.

Sampan is printed by Graphic Developments.

Two of these "suspicious" deaths were Kwan A. Chong and Sung Soo Heo, both Korean immigrants who committed suicide in ICE custody after not receiving adequate medical attention.

This abuse is part of larger hostility toward immigrants from all backgrounds. We are reminded of the recent New Bedford raid in March 2007 at the Michael Bianchi leather factory, in which 361 alleged undocumented, mostly Latino immigrants were rounded up in an ICE raid. Dozens of families were separated and had no idea where their relatives were or what state they were in. Similar raids elsewhere in the country at Pilgrim

CONTINUED PAGE 3

community since 2002.

Since 9/11, attacks and hostility toward immigrants, and those perceived as immigrants, have escalated in a rapid fashion. Immigration raids and the increasing hostile anti-immigrants environment affects all Asians, immigrant and native-born.

ICE has treated many other Asian immigrants cruelly.

Hui Lui Ng, a computer engineer, came to the U.S. when he was 17 from Hong Kong and overstayed his student visa. After marrying a US citizen and having two children, Ng was arrested and detained by ICE when he went in for a green card interview. He was immediately whisked away detained in several

detention centers across 3 New England states. While at the Wyatt Detention Facility in Rhode Island, Ng repeatedly complained about excruciating back pain, but was refused medical care or even a wheelchair when he was too weak to walk on his own. After 4 months, a judge finally ruled that Ng should get medical attention. Ng was taken to a hospital and diagnosed with terminal cancer and a fractured spine. He died five days later on August 6, 2008, two days after his 34th birthday.

A Washington Post report has found 83 deaths of immigrants in ICE detention facilities between 2003-2008, 30 of which could be labeled "suspicious."

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* If you require disability-related accommodations or translation services in order to participate fully in this event, please call 617.287.4000 (TTY 617.287.4050) by Friday, November 22nd to make arrangements.



Thursday, December 4 • 6:30 pm – 8:30 pm
in the UMass Boston Campus Center

FROM PAGE 2

Pride chicken factories in 5 different states in April, at a Postville, Iowa meat packing plant in May, and at an industrial transformer factory in Mississippi in August have shown the U.S. government's increasingly hostile treatment of immigrants. Thousands of immigrants have been swept up in these four raids alone, and the manner in which they are detained are despicable; whisked away without notice to unknown detention sites, not allowed contact to even family members, lacked legal assistance and clear due process. Despite immigration reforms, these raids do and will continue to break up families.

One may ask what does any of this have to do with Asian Americans?

Asian Americans must support the struggle for immigrant and refugee rights. American-born and foreign-born, we are bound to immigrants from Asia and the Pacific islands as well as all other people of color by our common experiences of racially-motivated violence, systemic oppression and the unequal relationships of the US with our original "home" countries. Such issues affect all Asian Americans. We all have learned from the Vincent Chin struggle that American society does not distinguish between the different Asian ethnicities or immigrant versus American-born. We are all seen as perpetual foreigners, assumed to be immigrant and foreign until proven otherwise.

The attacks and raids will only get worse.

In January, 2008, ICE announced a new repatriation agreement with Vietnam. This paves the way for deportations of Vietnamese nationals who came to the US after July 12, 1995 and lack US legal status, just as the repatriation agreement with Cambodia enabled the raids and deportations of Cambodians. Unfortunately, the prospect for raids in the Vietnamese community

seems probable and imminent.

The reality and perception that China is a growing competitor with US dominance politically and economically makes API's in the US more vulnerable. That Japanese Americans, including U.S. citizens, were summarily rounded up and interned in camps during World War II, should make us very concerned.

Support for immigrant rights can happen on many fronts. We need to fight against anti-immigrant sweeps, mass deportations, and super exploitation of immigrant workers. We need to fight for comprehensive immigration reforms that decriminalize immigration and provide a pathway to legal residency. The attacks and raids on immigrants will only put immigrant workers in more abusive working conditions. We need to fight for immigrant workers' rights, to have equal protection under labor laws.

As the attacks on immigrants grow, it will deny immigrant children access to education. We need to support access to education for undocumented students, such as the DREAM act provides. We need to maintain and reinstate bilingual education; evidence show that this is hurting our immigrant children's ability to excel in school and increasing dropouts among immigrants. We need to fight restrictions on the numbers of immigrants allowed entry into the US (In another article, we will argue that many immigrants are here for economic reasons and as a result of American foreign policies). We need a stronger Asian/Pacific Islander movement that represents the struggles of immigrants and includes them as part of all our people's struggle for equality and empowerment. We urge Asians and Pacific Islanders to get involved in API Movement and other organizations fighting for immigrant rights and API empowerment.

FROM PAGE 1

of respondents pay either some attention or a great deal of attention to the issue of immigration. That number is almost the same whether the respondents were native or foreign born, however foreign born respondents were three times more likely to pay a great deal of attention than those who are native born. Vietnamese respondents were also more likely to pay a great deal of attention compared to Chinese respondents. Also, the older a respondent, the more likely they are to pay a great deal of attention to immigration. In fact, the report concludes that those 65 and older are three times as likely to pay a great deal of attention to immigration than those in the youngest demographic, aged 18 to 29.

Education level also had a surprising effect on how much attention is paid. In general, the less education a person received, the more likely they are to pay a great deal of attention, with 40% of respondents with at most a 9th grade education paying a great deal of attention, compared to just over 16% of those with post-graduate training. Interestingly, despite confessing to not paying a "great deal of attention" to immigration issues – the likely reason being a more educated person is more secure in their immigration and employment status and therefore has a more academic interest in the subject, as opposed to someone with little education for whom this represents an existential question – those receiving post-graduate training are the most likely to view immigrants as strengthening society (at 82%), and the least likely to view immigrants as burdening society (at 4.5%). Those with only some college education are the most likely to view immigrants as being a burden, at 22%.

The survey goes on to ask respondents how likely or unlikely they are to perform certain civic or

political acts in support of immigration issues, such as signing a petition, participating in a demonstration, contacting a government official, or working in a political or advocacy organization.

70% said they were somewhat likely to sign a petition; almost 40% said they were at least somewhat likely either contact a government official or work in an organization; only 30% they were at least somewhat likely to participate in a march or demonstration. These findings lead to a question: if such a significant portion of the population says they are at least somewhat likely to do these things, how can we account for the discrepancy between that statistic and the reality of non-participation by the Asian American community during one of the largest political actions by immigrants?

As the report concedes in the conclusion, it is easy to agree to questions posed to you in a survey. It is easy to over-estimate one's own involvement with an issue, and to say yes to the hypothetical question "Would you participate?" while declining actual involvement when the opportunity presents itself. If this is an inaccurate barometer to predicting on-the-streets involvement, it is at least an important measure of the attitudes of different demographics within the Asian American community to the issue of immigration.



Building Excellence at UMass Boston

By J. Keith Motley, PhD, UMass Boston Chancellor

Higher education is increasingly a major investment for individuals and families across Massachusetts. Paying for college can represent the most significant financial challenge a family faces, after buying a house. For students themselves, however, the investment of time and effort in getting a college degree helps shape character, opens doors to opportunity, and charts a path toward future success.

As chancellor of the University of Massachusetts Boston, the city's only public university, I know how important it is to ensure that individuals and families throughout the state have access to high-quality education. And that is why I want to share with you some of the great things that are happening on the UMass Boston campus.

UMass Boston has a rich history as a distinguished, accessible public research university. Our nearly 14,000 students come from 330 of the commonwealth's 351 cities and towns. Our student body is the most diverse in all of New England. And nearly 80 percent of our more than 75,000 alumni continue to live and work in Massachusetts and contribute to our state's economy.

At UMass Boston, we believe that fulfilling our mission means offering an educational experience that rivals the quality of the best private universities – and in Boston, we have fine examples of those. We offer more than 150 undergraduate, master's, and doctoral degree programs, some three dozen certificate programs, and numerous online courses. Small class sizes and a faculty dedicated to excellence in teaching and research create an environment that fosters learning of the highest order.

We also know that state-of-the-art facilities are vital to stimulating academic exploration and groundbreaking research. To this end, over the past year UMass Boston has embarked on a 25-year plan to revitalize our waterfront campus with new academic buildings, athletic and supporting facilities, and residence halls. Planning is under way for a new Integrated Sciences Complex that will feature laboratories and research space for students and faculty. On deck is a multipurpose academic building that will house a mix of classrooms, lecture halls, and other student-centered spaces.

Another exciting addition to our campus in the coming years will be the Edward M. Kennedy Institute for the United States Senate. This new center, which will be located adjacent to the John F. Kennedy Presidential Library and Museum and near the Commonwealth Museum, will bring yet another resource and attraction to our Columbia Point location.

Every year more and more people are making UMass Boston their first choice for higher education, and with good reason. We are committed to building the student-centered urban university of the new century and providing an unrivaled educational experience. I invite you to learn more about our plans by visiting www.umb.edu or by attending our fall open house on October 18.

This is the first in a series of columns about higher education and UMass Boston.

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FROM PAGE 1

said.

The AACA is to partner with the City of Boston, the Asian Community Development Corporation in running its Energy Efficient Maintenance Training Program.

"We see this funding as an opportunity to equip students in our job training program with knowledge about energy efficiency and be able to implement simple energy efficiency measures," said Chauming Lee, executive of the AACA.

During the award ceremony, Ajjet Dollani, an immigrant from Albania and a former student of the AACA's Facilities Maintenance Program, shared how he had realized his American. "I immigrated to the United States in search of the better life. At the AACA, not only did my English improve, but I was also able to acquire hands-on skill and learn technical terms and vocabulary, which opened up more employment opportunities for me," said Dollani, a maintenance technician with

SHP Management.

When Dollani first arrived in the US, he worked a series of low-skill, minimum-wage jobs before enrolling in the Facilities Maintenance Program at the AACA. Through the program, Dollani acquired specialized knowledge and skills, and later landed a career in property management as a full-time technician. Dollani's heartfelt speech won him a round of resounding applause from government officials, members of the press and the AACA staff.

The AACA is slated to begin its first "green" job training program next February. Upon the completion of the 24-week program, the graduates will be well-prepared for employment in a variety of sectors, such as hospitality, healthcare and property management.

The City of Boston has set ambitious goals for the reduction of greenhouse gas emissions and developed innovative local solutions to the problem of climate change.

"Our goal is to transform 'Beantown' into 'Greentown,'" Menino said.

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The Best of Both Worlds:

Cancer Prevention through Diet in Asian Immigrant Populations

By Katy Bockstall

With the growing obesity epidemic in the United States, we have all been made aware of the crucial role diet plays in maintaining a healthy weight. However, it may be less obvious to us how vital proper nutrition is for cancer prevention. According to the American Cancer Society, one third of the more than 500,000 cancer deaths that occur in the US each year can be attributed to diet and physical activity habits.

Largely due to the impact of diet on cancer, immigrant populations in developed countries tend to show a dramatic increase in the incidence of certain cancers, a trend strongly reflected in the Asian American/Pacific Islander (AAPI) population of the United States. Generally, cancers of the lung, breast, colon/rectum, ovary, and prostate are more common in the United States, whereas cancers of the cervix, stomach, and liver are more common in most Asian countries. However, as the years and generations since migration increase, the incidence rates of cancer largely come to mirror those rates characteristic of the adopted country.

The Surveillance, Epidemiology, and End Results (SEER) Program of the National Cancer Institute tracks these rates of cancer incidence and mortality both among Asian and AAPI populations. Epidemiologic data has shown that while incidence rates of both prostate cancer and female breast cancer are low in most Asian countries, they increase in immigrants of subsequent generations in the U.S. Colon cancer incidence rates also rise, even in first-generation Asian immigrants. Incidence rates among AAPIs for these three types of cancer are between rates in Asia and rates in whites in the United States. Given the unchanging genetic predisposition to cancer among the Asian and AAPI populations, these dramatic shifts in the types of cancer appearing amongst immigrants have largely incriminated the adoption of Westernized lifestyle and diet.

The American Cancer Society publishes Guidelines on Nutrition and Physical Activity for Cancer Prevention every five years, providing up-to-date information about healthy dietary strategies specifically for cancer prevention. The main overarching suggestion of the ACS is to eat a variety of healthful foods, with an emphasis on plant sources. Paramount to that suggestion, the ACS guideline suggests eating five or more servings of a variety of vegetables and fruits each day. One should try to include vegetables and fruits at every meal and for snacks, as well as to avoid fried vegetable products such as French fries and chips. A healthy diet should also include whole grains as opposed to processed or refined grains and sugars. Whole grain rice, noodles, and breads should be consumed when possible and the consumption of refined carbohydrates, including sweetened cereals and soft drinks, should be limited. Further, red meat consumption should be limited, especially types high in fat and processed. Fish, trimmed poultry, or beans are all healthy alternatives to beef, pork, and lamb. When eating meat, lean cuts should be chosen and smaller portions should be eaten. Cooking by methods such as baking, broiling, and poaching rather than frying or charbroiling are also healthier alternatives. Generally choosing whole foods and those low in fat, calories and

sugar gives one a healthy dietary basis. Current scientific research is looking for the biological basis to the health benefits of fruits, vegetables, whole grains and lean meats such as fish. As of yet, the precise correlation between a specific nutrient and cancer prevention has yet to be confidently revealed. As such, one should strive to eat whole foods in all forms – fresh, frozen, canned, dried, and juiced – for health benefits rather than supplements. However, significant evidence for the correlation between consumption of certain foods and lowered risk for various cancers has been revealed. For example, greater consumption of fruits and/or vegetables has been associated with lower risk of lung, oral, esophageal, stomach, and colon cancer. On the other hand, high-fat diets have been associated with an increase in the risk of cancers of the colon, rectum, prostate, and endometrium (lining of the uterus). Drinking more fluids and limiting alcohol intake has also been associated with lowered risk for certain types of cancer, including bladder, breast and colorectal cancer. Closely associated with diet, obesity raises the risk for certain cancers, especially kidney, stomach, and esophageal.

The clear association between environmental factors and increased incidence of certain cancers in AAPIs provides a highly convincing argument for the role of diet in determining cancer risk among Asian immigrants. Increased risk for certain cancers in the United States corresponds to significant deviations in the diets of migrants from traditional Asian diets. For example, the sudden increase in consumption of red meat in the United States accounts for the greater risk of colon cancer in first generation immigrants. Dietary compounds found in Asian countries such as soy, soybeans, green tea, and fish have shown to display anti-oxidant and anti-inflammatory activity which appears to be preventative agents for prostate cancer. The decreased consumption of these foods among immigrants in the United States has led to the increase in prostate cancer. A decrease in stomach, esophagus, and liver cancers among AAPIs in the United States has largely been tied to a decrease in the consumption of salty and preserved foods as well as in infection with the bacteria *H. pylori*.

Nutritional information correlating to decreased risk for certain types of cancer in the United States and in Asian nations may then be utilized to maximize the benefits of either culture. Traditional Asian diets high in grain and low in fat, meat and sugar should be maintained. Diets should be supplemented with more fruits and vegetables whenever possible, and as substitutes for processed, high-fat and high-sugar foods. Boiling and steaming cooking practices should also be maintained in place of high-fat frying methods and carcinogen-producing high-temperature methods, such as charring. Fungal-contaminated and certain preserved food should also be avoided. With these guidelines, it is possible that the Asian American population in the United States could retain benefits of the traditional Asian diet, while simultaneously gaining some benefits of the Western diet, in hopes of lowering the incidence of cancer overall.

Article funded through Asian Health Initiative of Tufts Medical Center

Protecting your Identity

By Michael C. Tow

Every 73 seconds some form of identity theft takes place. Identity theft can range from thieves getting access to your credit cards in your name and making purchases on your card to opening bank accounts in your name and writing bad checks on that account.

If you are a victim of identity theft immediately close the account that was stolen and place a fraud alert with one of the Credit bureaus:
Experian 1-888-EXPERIAN;
TransUnion 1-800-680-7289;
and Equifax 1-800-525-6285.

You only need to contact one as they are obligated to inform the other two credit bureaus. This will prevent any new credit to be given without your approval. The next steps would be to file a police report and also a report with the Federal Trade Commission, 1-877-IDTHEFT.

Each Credit Bureau allows you one free report a year. You can get your free credit through www.annualcreditreport.com. As I always recommend to my readers, spread out the time of getting reports from each credit bureau. Get one from each bureau every 4 months. This way you will have be able to regularly monitor your credit without a charge.

Tips to minimize your chances of identity theft:

Avoid sending your social security number and other important personal information over email. Many times people don't have the adequate encryption and your information can be intercepted. Also avoid giving out your personal information over any unsolicited phone calls too. If the offer sounds too good to be true, it is too good to be true.

Shred all your personal documents. Paper shredders are not that expensive and I recommend getting a cross cut shredder. Decent shredders for the home can range from \$50 to \$300.

If you don't have a shredder, black

out important information with a permanent marker then hand tear the paper. If you really want to be safe, spread the parts of the paper into different waste bags.

-Be careful when using common passwords like your mother's maiden name, the name of your dog or the last 4 digits of your social security number. The best passwords are a mix of letters and numbers. Remember to change your passwords every few months for extra security. It might make it easier for you but don't write your passwords on a sticky note and post them next to your computer monitor.

When shopping online, try to place all the charges onto only one credit card. Ideally choose a card with a smaller credit line in case the card does become compromised. When making any online purchases, remember to check to see the "lock" icon on the bottom right hand of the screen.

Make sure to obtain or update your firewalls, antivirus or security software for your computer. Remember to have your computer scanned frequently for optimal protection, not just once a month or every few months.

Identity theft is a real problem and as we continue to head towards a cashless society, it will only become a bigger problem in the future. There is no way to completely shield you and your family from getting your identity stolen but taking some of the tips above will hopefully reduce that risk.

If you have a topic that you would like me to discuss in a future article please email me at mtow@newbostonfinancial.com. CERTIFIED FINANCIAL PLANNER™, Michael Tow is President of New Boston Financial. He is a registered representative of, and offers securities and advisory services through Commonwealth Financial Network- a member firm of FINRA/SIPC and a Registered Investment Adviser. He is located at 58 Harvard Street in Brookline and can be reached at 617-734-4400 or www.newbostonfinancial.com

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Forget The Girl

Boston's Rock Band Features Unforgettable Lyrics (and Moniker)

By Cody Yiu

An all-male band with a name like Forget The Girl (FTG) begs the question: "Forget WHICH girl?" Although there might have been more than one girl whom FTG members wished to have put behind them, this rock band does not produce music to send a misogynistic message or to get back at anyone. Rather, their lyrics address the human struggle—the pursuit of meaning and dreams, and the emptiness that one feels inside lying awake at three o'clock in the morning.

For example, a fan left this message on the band's MySpace: "You guys kick [the proverbial behind]. Your bassist does my eye exams."

The band plays at rock clubs in Boston, such as The Middle East Club, TT the Bear's, on campuses such as BU, MIT, Stonehill, BC and Princeton, and also has occasional gigs in New York and New Jersey.

FTG's songs are about real people and experiences—maybe that is why their



Former FTG lineup (left to right): Marvin Khoo's (former drummer), Peter Chan (bassist), Mike Wongho Hong (singer/guitarist), Thomas Chan (guitarist/vocalist). (Courtesy of Forget The Girl.)

"So, a lot of people ask us this [about our name], but when I think back we originally coined the name because a lot of people build up the romantic relationship to be the ultimate fulfillment in life. It's not to say that these relationships aren't important, but that being said, it probably won't end up being the all-satisfying phenomena people often anticipates it will be," said Mike Wongho Hong, who wrote the band's runaway hit, "Five Minutes."

FTG formed in 2002, through a series of chance events. "It was serendipitous how we all got together," said Thomas Chan, guitarist/vocalist, over burgers and fries in a Cambridge restaurant. "It's a funny story actually—by chance I was introduced by a friend to a girl from Chicago, who then ended up by chance going on a trip to Australia with Thomas, who ended up dating her, who then introduced the two of us when she came to visit Boston. Thomas knew Robin because they had just played in a different band that had broken up, so we got together and played through some songs I had written, and decided we'd make something of it," added Mike, singer/guitarist.

The band's lineup has seen some changes over the years. Robin Lai, the band's original drummer, recently rejoined the band due to Marvin Khoo's (former drummer) unexpected departure. Thomas' younger brother, Peter Chan, joined the band last year to replace former bassist, David Chen. One thing that makes this band stand out, of course, is their Asian roots: Thomas and Peter are Chinese-Americans who are natives of Quincy, MA, Mike is a Korean-American from Florida, Robin is a Chinese-Malaysian from Southeast Asia. All of them attended college in Boston, where their paths crossed. The band, however, does not want their Asian identity to overshadow their musical talents. "We want to first be identified as great musicians, then an Asian American band," Thomas said.

Other than touring and jiving together at night, these musicians are all gainfully employed during the day, except Mike, who is a full-time graduate student at a local seminary. Thomas, a graduate of Berkeley School of Music, is a sales manager for a computer-based recording company; Peter is a doctor's assistant in an optometry office and gives examinations to patients; Robin, who is also a Berkeley graduate, is an audio engineer and music producer in New York. Their double lives sometimes unfold in interesting ways.

music appeals to fans from all walks of life—they speak to real emotions and thoughts to which listeners can relate. "My favorite song from FTG is "Give it to Me" because it brings raw energy right from the start. The lyrics spoke to how I was feeling at the very moment I first listened to the song. I have probably already replayed it hundreds of times. I especially love the build up and acoustic progression from minute 3:06 to the end. When I met the band and heard that they had not originally intended for the song to sound that way, I was actually glad it did. This song gets me through the day. "Bring it! (beginning lyrics of the song)," said Christina Ho, a pianist and graphic designer from Brookline, MA.

What triggers their lyrical inspiration is quite intriguing. "Honestly? I only feel like writing when girls make me upset or angry. When I feel insecure, lonely, frustrated," Peter said. Mike and Thomas' philosophical dialogues get their creative juices going, while Robin sticks to writing about his personal experiences. The band's first release, "the donut ep (extended play)," was released in the fall 2003, and was followed by a full-length album, *Walk Around in Your Head*, by the end of the same year. The band made their own CDs and successfully sold all 300 copies of them to family and friends. FTG follows a set of tracking rituals; their sonic creativity seems to flow from a combination of adrenaline rush and food therapy. "We watch Boston sports team destroy their opponents in between tracking and eating. Lots of eating. And beer," Robin said. Bands like The Get Up Kids, Jimmy Eat World, Brand New, Foo Fighters and Aska and U2 also greatly influence FTG's music.

Every great band has its own secret of success. For Forget The Girl, their poignant lyrics and emo-punk riffs, which, while great, are probably industry expectations. But a band's charisma is a whole different story—a band either has it, or not—it is one of those innate characteristics. And Forget The Girl definitely has it. These big boys aren't afraid of revealing their vulnerable feelings in their music. Their brotherhood, forthrightness, playfulness and great sense of humor (they certainly know how to crack a joke or two) are all part of their charm. FTG's personal appeal is what truly make them rock.

FTG is soon to release their second full-length album. Visit Forget The Girl online at <http://www.forgetthegirl.com> or download their music on iTunes.

Fuel Assistance from ABCD

Robert M. Coard, President/CEO at Action for Boston Community Development (ABCD) announced that increased federal and state aid and new eligibility guidelines enable ABCD and other Massachusetts fuel assistance programs to now serve families with higher incomes who once fell through the cracks of program regulations and to provide higher benefits to all eligible households.

He urged families and individuals to apply immediately for fuel aid before bitter winter weather hits. "We have expanded resources this year and can serve families who earn more," he said. "We urge you to call today at 617-357-6012 to see if you are eligible for fuel assistance this winter."

This year a Massachusetts family of four with an income of \$53,608 is eligible for fuel assistance. A person living alone with an income of \$27,876 is also eligible. The maximum fuel assistance benefit is \$1,305.

Families eligible for fuel assistance are also eligible for utility discounts, weatherization, and heating system replacements.

The widened eligibility and increased benefits are due to a nationwide increase in federal funds for the Low-Income Home Energy Assistance Program (LIHEAP) from \$2.1 billion to \$5.1 billion coupled with a state supplement of \$10 million.

"We are very pleased that the federal government has increased the fuel assistance program to the level approved years ago when the program was reauthorized by Congress," said Coard. "We thank the Massachusetts and New England Congressional Delegations and the governor and legislature for responding to the critical need for increased heating funds."

Coard pointed out that, despite the increases, many families are still at risk. "The last few years – with soaring fuel prices – have been devastating for low and moderate-income working families, seniors and children who struggle to stay warm in frigid northern temperatures," he noted. "Even with these increased funds, the current economic downturn is causing massive layoffs and hardships that make it impossible for many families to keep the heat on and food on the table this winter. We know that seniors and others are still forced to choose between heat, food, medicine and other essentials."

This year the federal LIHEAP program is providing \$225 million in federal funds to Massachusetts and the state has added a \$10 million fuel aid supplement. ABCD provides fuel assistance and energy conservation services to approximately 18,000 low and moderate-income working families and seniors in Boston, Brookline and Newton.

English for New Bostonians

Funders, English for Speakers of Other Languages (ESOL) programs from across the city, and English language learners will gathered last week at Boston Chinatown Neighborhood Center to celebrate the launch of the third phase of the English for New Bostonians (ENB) Initiative.

Launched in 2001 by the Mayor's Office of New Bostonians and Office of Jobs and Community Services, several local foundations and corporations, and community representatives, ENB's mission is to increase long-term capacity to meet the demand for English classes felt by local immigrants and their families, communities, businesses, schools, unions and other institutions across the city.

Despite the struggling economy, private funders have continued their support of ENB and English language learners across Boston by awarding \$745,000 worth of grants in three grant categories. The different grant categories (Established,

Emerging, and Multi-Media) are designed to meet the different needs of ESOL programs while expanding the number of seats available in ESOL classes, increasing the flexibility of class schedules to reach new learners, and building the capacity of programs, particularly those that reach underserved linguistic and geographic communities in Boston.

ENB has had a profound impact on the lives of immigrants in Boston, including Jesuina Da Veiga, a student at Federated Dorchester Neighborhood Houses Log School. "I like the program at the Log School because it helps people to learn English," she says. "For me it is very important. Before, I didn't speak English. Now I can speak English and now I can work in the hospital."

Among the speakers and attendees were Robert Lewis Jr., Vice President for Program at The Boston Foundation and City Council Vice President John Tobin.

Local Community Activist Wins Award

Alex Zhang, Community Organizer for Asian CDC, received a Rising Star Award from the Massachusetts Association of Community Development Corporations (MACDC). This year, the Rising Star Award was awarded to five recipients at MACDC's fourth biennial convention at the Westin Boston Waterfront Hotel on November 15, 2008.

The Rising Star Award is presented to a Community Development Corporation Director, staff or Board member, less than 40 years of age, who has demonstrated outstanding innovation, leadership and achievement on behalf of the statewide movement.

Alex is originally from China. He received his Master in Urban Planning from the School of Architecture and Planning at SUNY Buffalo with concentrations in land use and environmental planning, and applications of information technology in community-based planning. Alex works at the Asian CDC as a community planner and organizer on the effort to ensure community needs are met in the development of the Chinatown and facili-

tate the community participation elements of the development in Chinatown and elsewhere. He has been active in the areas of neighborhood participatory planning, grassroots leadership development and community capacity building to advocate for positive changes.

The Asian Community Development Corporation (ACDC) is a 21-year old non-profit that serves the Asian American community of Greater Boston by developing affordable housing, promoting economic development, fostering new leadership, and building capacity within the community through education, advocacy, and action. Established in May 1987, ACDC works with the community to realize a common vision of a vibrant, healthy and just neighborhood. The organization has developed over \$100 million of mixed-income housing in Boston's Chinatown and operates a portfolio of complementary community development programs geared towards the Asian community. For more information please visit www.asiancdc.org.

Talking to your Aging Parents about Health

Edwin Johnson was a robust 81 year old widower who still mowed his own lawn, drove his Buick to Stop & Shop every Friday, and went bowling at the local senior center. One balmy summer afternoon, Mr. Johnson (not his real name) was mowing the lawn when he suddenly collapsed and lost consciousness. His next-door neighbor, alarmed by the ceaseless sputter of the mower, looked out the window, saw Mr. Johnson lying on the ground and called 911. Mr. J was rushed to the emergency room of the local hospital where the doctors performed cardio-pulmonary resuscitation, and connected him to the breathing machine. Mr. Johnson's grown children, Amie and Greg, were contacted and arrived at the hospital. The doctor informed them that their father had suffered a massive stroke, that his brain function had been seriously damaged, and that – if he lived at all – he would most likely be totally dependent on the care of others and connected to a breathing machine for the rest of his life. He would most likely spend another two-three weeks in the Intensive Care Unit then have surgery that would connect him to the breathing machine, a procedure known as tracheotomy. He would later be transferred to a special long-term care facility equipped to take care of such patients. His quality of life would be quite poor. (Greg, the more practical of the two, asked the social worker about the cost of such care. Several hundred dollars a day, depending on the facility, was the answer.) The alternative was to let Mr. Johnson die peacefully. The doctor asked them to think it over and let him know.

Amie and Greg found themselves in a dilemma. They both agreed that their father, a life-loving, independent man, would most likely not want to live hooked up to a ventilator and unable to take care of his most basic needs. But then they remembered that he once casually mentioned, when talking about his time as a young soldier in Korea, that he was a "fighter" and would still fight for his life no matter what. They were at their wits' ends and couldn't agree on what to do. Eventually, they decided that their father might have wished to keep "fighting" and gave consent to tracheotomy. Mr Johnson received the trache, and was soon sent to a facility, Green Meadows Rehabilitation Center, where he died three months later. During that time, he recovered conscience episodically. The rest of the time he was lethargic and occasionally agitated. Following their father's death, Greg and Amie confided to the social worker that in retrospect, they wished they had allowed their father to die peacefully. It had been too painful, they said, to see him "languish" at Green Meadows.

Every year, tens of thousands of American families face the often-agonizing dilemmas not unlike those of Greg and Amie's. These dilemmas could easily have been avoided had Mr. Johnson communicated his wishes in case of a medical emergency, to his family. Such communication is known as "advance directive." In Massachusetts, there are two legally recognized forms: the Health Care Proxy, and the Living Will. The HCP is a simple document giving the designated person (usually a family member) the power to make decisions in the event of an emergency. The Living Will explains the person's wishes in some detail, and in different scenarios.

In the past several years, millions of Americans (many of them moved by the Terry Schiavo episode) have created advance directives. However, most of us still don't have any. This is not necessarily because we don't want them – after all, who wouldn't want the peace of mind they would most likely provide? The major reason we don't have them is be-

cause we're afraid—afraid to talk with our parents about things that we don't usually talk about, like, for example, death and dying.

Not that it's not on our minds. Research shows that as many as two-thirds of Americans worry about the future, especially the cost of long-term care and the burden we (or our parents) might become (<http://seniorjournal.com/NEWS/Money/6-07-05-AmericansLess.htm>). But talking about it is a different matter. We'd like to, but we don't know how... We are afraid of "insulting" our parents. What if they think we want them dead? What if they think we want to talk about it because we're just "after their money?" So we procrastinate and put it off till "next time" and say nothing.

Yet there are ways to have that important conversation. Here are some ideas:

Work up to it. This is obviously not something you can just drop on your parents. So to begin with, make time to have meaningful conversations. Spend quality time when both of you can relax. Go for a walk in the park. Have an afternoon tea. Or go fishing. This is a context in which to broach the subject of advance directives.

Experts suggest that a good way to begin would be by mentioning someone you both know (either a friend or relative) who recently had a health crisis. "Dad (or Mom), I was thinking of Aunt Mildred and how she ended up hooked up to those machines." Your parent's response would be a good indicator whether you can proceed. If they are receptive at all, you could then mention your own advance directives, exactly to avoid Aunt Mildred's sad experience with futile care.

You can also talk about advance directives in the context of a financial discussion. For some of us, money may be an easier topic to tackle than death and terminal illness. Besides, you might be able to enlist the help of your parents' attorney. Nowadays, most attorneys worth their salt (and their fee) would include advance directives in the estate planning process.

Ideally, this should be a series of conversations. Remember that ultimately, this dialogue is not only about medical directives—it is about your parents' legacy. You will learn from it, and so will your children and grandchildren. So when their time comes, they'll know what to do.

Leo Newhouse, MSW, is a clinical social worker with extensive experience in eldercare management. He runs Transitions in Life Care (TLC), a program for patients and their caregivers at Quincy Medical Center. He can be reached at lnewhouse@quincymc.org or call the Interpreter Department at (617) 376-4013 to schedule an appointment to speak with Leo.

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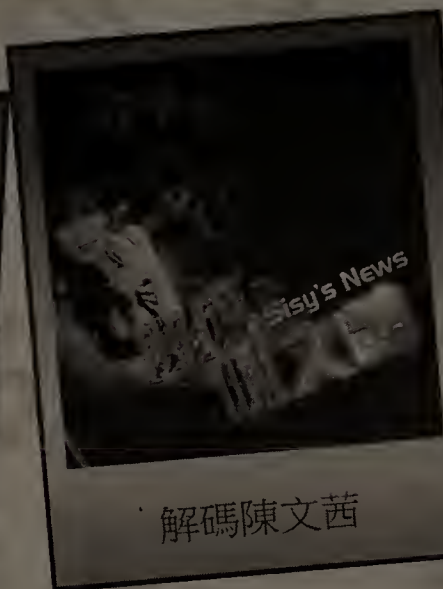
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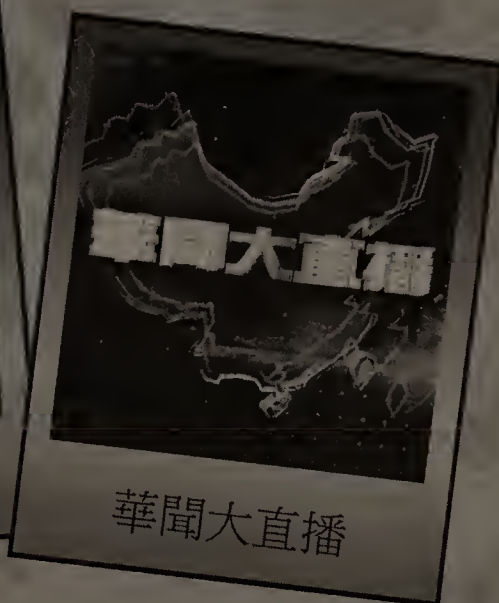
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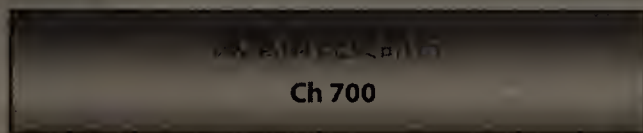
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人物專訪

波士頓搖滾樂隊

「忘記那個女孩」
東岸大方異彩

圖：「忘記那個女孩(FTG)」舊團照：(左至右)前鼓手馬文(Marvin Khoo)、低音歌手彼得(Peter Chan)、主唱麥克(Mike Wonho Hong)、吉它手/歌手湯姆司(Thomas Chan)。(FTG提供)

美食介紹

忙碌生活的救星——節省時間的快速完美食譜

一年一年度的感恩節又將來臨，如何在忙碌的生活中抽空準備宴客的大餐呢？快速食譜將是您為家庭聚餐準備精心餐點的完美助手。除了感恩節必備的火雞、火腿或者烘烤的主菜，再加上有創意和簡單的副菜、沙拉、水果和點心，完美的搭配讓人讚不絕口。

端出夾滿起士、番茄的萵苣捲揭開感恩節大餐的序幕。簡單的食譜，您的客人絕不知道您只在廚房裡花費那麼一點時間就能做出這麼美味的點心！上主菜時，不彷嘗試在火腿上淋入蜂蜜調味汁，或者沿著主菜盤邊灑上桔子、蔓越莓和菠菜沙拉。最後可用經典的大米布丁結束整個晚餐。

像以上這樣快速簡便又綜合健康和美味的組合，讓您有充裕的時間、更可以毫無顧忌的享受節慶晚宴。

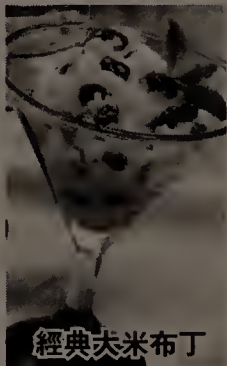
• 起士番茄萵苣捲

(下列配方可做約30個萵苣捲)

- 1/2杯葡萄乾
- 2茶匙橙汁或蘋果汁
- 8盎司軟芝士或奶油芝士
- 1/4杯切好的油浸幹西紅柿
- 1/4杯新鮮羅勒(Basil)
- 1顆切碎的蒜頭
- 1/4茶匙紅椒薄片
- 3顆比利時萵苣葉
- 少許羅勒(Basil)片做裝飾

將葡萄乾和果汁倒在一起，加蓋後放進微波爐裏用高溫加熱45秒，讓它停留在微波爐裏靜止兩分鐘再取出。把起士、西紅柿、羅勒、蒜頭和辣椒混在一起，攪拌後加到葡萄乾和果汁的混合汁裏。整齊地把萵苣葉頭和葉子分開，排放在

盤上成一片一片矛狀。在葉子上均勻攤開芝士與果漿混合物，擺好位置，即可馬上食用。也可放在冰箱中冷卻兩小時後食用，享用前記得加上羅勒(Basil)片做裝飾，風味大不同！



經典大米布丁

- 經典大米布丁 (4人份)
- 3杯牛奶
- 1杯生的快熟白米
- 1/4杯糖
- 1/4杯天然葡萄乾
- 1/4茶匙鹽
- 2只大雞蛋
- 1茶匙香草精

把牛奶、米、糖、葡萄乾和鹽混合倒在中等平底深鍋裏加熱，不斷攪拌煮至沸騰後。將火調到中火，燉6分鐘，其中偶爾攪拌。另準備一個小碗，輕輕攪拌雞蛋和香草。將少量牛奶米糖葡萄乾熱混合物攪拌至雞蛋和香草混合物中。不斷攪拌，然後慢慢地將蛋混合物加回到平底鍋裏。火調至小火，不停攪動至約莫1分鐘後直到混合物變黏稠狀，記得不要煮沸！關火後稍待30分鐘後即可上桌！剩餘的布丁可存放在冰箱裏。



起士番茄萵苣捲

以上食譜與圖片出自Family Feature
[劉郁廷 編輯 陸穎賢 翻譯]

一個由四名男成員組成的樂隊和他們的樂隊名稱 忘記那個女孩 (Forget The Girl, FTG)讓人不僅想問：「到底是忘記哪個哪個女孩？」雖然FTG成員希望能夠忘記現實中的某些女孩，但是 這個搖滾樂隊創作的並無反女性的信息。相反地，他們的歌詞講述人的內心——追求人生意義和夢想，和凌晨三點醒來內心的空虛。

為樂隊創作“五分鐘(Five minutes)”這首歌、身為主唱的麥克(Mike Wonho Hong)說：「很多人詢問我們關於樂隊名字的來源。我們最初構想出這個樂隊名字是基於當時很多人都把生命的意義建立在浪漫的愛情關係上，但不是說這些關係並不重要，可是它們大多數不會像人們所期望中的那麼美好。」

一系列的偶然事件使這個樂隊在2002年誕生。樂隊的吉他和歌手湯姆司(Thomas Chan)劍橋餐館用餐時說：「樂隊隊員的相遇是一個意外收穫。故事由我偶然認識一個女孩開始，在偶然的機會中湯姆司與她結伴到澳洲旅行，然後開始互相約會。當她來波士頓遊玩時，她介紹另一個女孩與我認識。」歌手以及吉他手麥克補充說：湯姆司認識羅賓(Robin Lai)是因為當時我們各自的樂隊都分散了，所以我們一起彈奏一些我寫的歌曲，然後決定我們用這些歌曲來做些事。」

多年來，FTG樂隊的團員做了一些變動。樂隊最初的鼓手羅賓與馬文(Marvin Khoo)樂隊意外離開，最近又重新加入到原來的樂隊。湯姆司的弟弟彼得(Peter Chan)去年加入樂隊以替換前低音歌手大衛(David Chan)。這支樂隊突出的原因是他們的成員是他們的亞洲傳統：湯姆司和彼得是當地麻省昆市的美籍華人，麥克是來自佛州的美籍韓國人，而羅賓是從東南亞來的馬來西亞籍華人。當他們相遇時，他們都在波士頓念大學。然而這支樂隊並不要他們的亞洲身分給他們的音樂天分投上陰影。湯姆司說：「我們希望我們的音樂天分先被大眾認同，然後大家再知道我們是亞裔美國人樂隊」。

這些業餘音樂愛好者除了晚上一起玩音樂以外，他們早上都有自己的固定工作。只有麥克是當地的神學院全職研究生。湯姆司畢業於Berkeley音樂學院，現在是一家電腦記錄公司的行銷經理；彼得是一家驗光配鏡店的醫生助理，幫助病人進行視力檢查；羅賓也是畢業於Berkeley音樂學院，在紐約是音

頻工程師和音樂製作人。他們的雙重生活有時候有趣地交疊在一起。例如，樂隊的其中一個狂熱愛好者在他們的網站上留言：「你們的音樂真棒。我的視力檢查是則由你們樂隊的低音歌手幫我做的。」

樂隊在像Middle East Club和TT the Bear's的波士頓的搖滾俱樂部裏演奏。校園演奏包括波士頓大學，麻省理工學院、Stonehill College，波士頓學院和普林斯頓大學，並且有偶爾在紐約和新澤西州開爵士演奏會。

FTG的歌曲是描述真實的人和他們的經驗，可能這就是他們的音樂受歡迎的原因，因為每個人真正的生活和感情都能與他們的音樂對話。

克理思丁娜(Christina Ho)是麻州的一名圖表設計師和鋼琴演奏家。她說：「在FTG的歌曲裏我最喜歡的是"把它給我(Give it to me)"這首歌。當我第一次聽到這首歌時，它的歌詞從一開始就與我的感覺溝通。我大概已經重複聽了這首歌幾百遍。我特別愛聽歌的後半段。我很高興歌曲實際上的效果會是這樣，儘管這並不是樂隊認為最完美的表達方式。」

他們的歌詞創作靈感相當有趣。彼得說：「坦白講，我只能在和女孩子鬧翻或惱怒時感到不安全，孤獨，沮喪時創作歌曲。」麥克和湯姆司的哲學對話引發他們創作靈感，而羅賓就堅持創作關於他的個人經驗的歌曲。當樂隊的首次在2003年的秋天發行「the donut ep (extended play)」專輯後，在同年底又發行了一張名為Walk around in your head的專輯。樂隊製造自己的CDs並順利地將全部300個拷貝賣給他們給家人和朋友。Jimmy Eat World，Foo Fighters，Aska和U2等樂隊在FTG的音樂上有很大地影響。

每個樂隊都有它成功的秘密武器。對於忘記那個女孩這支樂隊來說，他們的難以忘懷的歌詞和歌曲中爵士音樂的重複段是他們成功的關鍵。而且這個樂隊特殊的號召力是無可否認的。這些大男孩不害怕在音樂上顯露他們的弱點、痛苦和恐懼。他們的團體魅力在於有思想性、真實性和幽默感。FTG的個人吸引力他們真正受歡迎的原因。

FTG迷應該很快就可以看到樂隊的第二張專輯發行。請到一下網址：<http://www.forgetthegirl.com> 瀏覽忘記那個女孩或iTunes下載他們的音樂。

(Cody Yiu 原文、陸穎賢 編譯)

活動簡訊

台灣暑期青少年語文
研習班報名開始

中華民國僑務委員會於明年暑假主辦的兩個海外華裔青年及青少年語文研習班，即日接受報名。青年營限18歲至24歲之青年報名，研習時間為2008年7月6日至8月16日。

「暑期青少年班」則限14歲足歲至未滿18歲之青少年報名，研習時間為7月7日至8月17日 活動期間，周一至周五安排華語文、民俗技藝、文化研

習課程，晚間自行參加晚自習、休閒、知性或網路等輔助課程；周六及周日另彈性安排藝文及青少年遊藝活動。另有每周4小時的教學參觀，及3天的寶島攬勝。有關活動詳情與申請表格，可上僑委會網站[www. ocac.gov.tw/](http://www.ocac.gov.tw/)，點擊華裔青年活動專區

移民資訊

人 籍 考 試 樣 題 精 選 之 一

如果你年滿65歲或以上，持綠卡（美國合法的永久居民）20年以上，只需要學習以下試題。

1. What is one right or freedom from the First Amendment?
問：舉出憲法第一修正案中的任何一項權利或自由。
A：Speech.
答：言論自由
A：Religion.
答：宗教自由
A：Assembly.
答：集會結社自由
A：Press.
答：出版自由
A：Petition the government.
答：人民有向政府請願的自由。

2. What is the economic system in the United States?
問：什麼是美國的經濟制度？
A：Capitalist economy.
答：資本主義經濟
A：Market economy.
答：市場經濟。

3. Name one branch or part of the government.
問：說出任何一個政府部門？
A：Congress.
答：國會
A：Legislative.
答：立法院
A：President.
答：總統
A：Executive.
答：行政院
A：The courts.
答：法院
A：Judicial.
答：司法院。

4. What are the two parts of the United States Congress?
問：美國國會是由哪兩部分組成？

A：The Senate and House of Representatives.
答：參議院及眾議院。
5. Who is one of your state’s U.S. Senators?
問：說出你的州的兩位聯邦參議員的任何一個名字？
A：John Kerry or（Edward Kennedy）.
答：約翰加利或（愛德華金來迪）。

6. In what month do we vote for President?
問：我們在哪一個月選舉總統？
A：November
答：十一月
7. What is the name of the President of the United States?
問：目前美國總統的名字是什麼？
A：George W. Bush
答：現任總統：喬治.W. 布希

8. What is the capital of Massachusetts?
問：麻州的首府在哪裡？
A：Boston 波士頓
9. What are the two major political parties in the U.S. today?
問：當今美國有那兩大政黨？
A：Democrats and Republicans.
答：民主黨及共和黨。

10. What is one responsibility that is only for United States citizens？
問：請說出一項美國公民才有的責任？
A：Serve on a jury.
答：當陪審員。
A：Vote
答：投票。

11. How old do citizens have to be to vote for President?
問：美國公民幾歲以上可以投票選舉總統？
A：Eighteen(18) and older
答：年滿18歲或以上

12. When is the last day you can send in federal income tax forms?
問：什麼時候是寄送聯邦所得稅表的截止日期？

A：April 15th.
答：4月15日。
13. Who was the first President?
問：美國第一任總統是誰？
A：George Washington.
答：喬治.華盛頓。

14. What was one important thing that Abraham Lincoln did？
問：請列舉出一件亞伯拉罕·林肯的事蹟？
A：Freed the slaves（Emancipation Proclamation）
答：解放黑奴
A：Saved（or preserved）the Union.
答：保全（或維護）聯邦
A：Led the U.S during the Civil War.
答：在南北戰爭期間領導美國。

15. Name one war fought in the United Sates in the 1900s.
問：舉出一場美國在一九零零年代參與過的戰爭？
A：World War I
答：第一次世界大戰
A：World War II
答：第二次世界大戰
A：Korean War
答：韓戰
A：Vietnam War
答：越戰
A：(Persian) Gulf War.
答：(波斯灣) 海灣戰爭

16. What did Martin Luther King, Jr. do?
問：馬丁.路德.金有何事蹟？
A：Fought for civil rights.
答：為民權奮戰
A：Worked for equality for all Americans.
答：為所有美國人爭取平等。

17. What is the capital of the United States?
問：美國首都在哪裡？
A：Washington, D.C.
答：華盛頓特區。

18. Where is the Statue of Liberty?
問：自由女神像在哪裡？
A：New York(Harbor)
答：紐約（海岸）

A：Liberty Island
答：自由島
〔Also acceptable are New Jersey, near New York City, and on the Hudson(River).〕
(答新澤西州，紐約州附近，哈德孫河上也可以)
19. Why does the flag have 50 stars?
問：為什麼國旗上有50顆星？
A：because there is one star for each state.
答：一個州為一顆星
A：because each star represents a state.
答：每一顆星代表一個州
A：because there are 50 states.
答：美國共有50州。

20. When do we celebrate Independence Day?
問：我們在什麼時候慶祝獨立日？
A：July 4.
答：7月4日。

(由華美福利會提供)

摩頓市簡訊

文聖拳宗師 王安林 健身養生氣功班 招生

文聖拳第三代宗師、國際功夫大師王安林先生，在亞洲文化中心開設了健身養生氣功班、文聖拳學拳械套路班、太極推手班之后，又應廣大學員要求，計劃繼續開設
健身養生氣功班,主講文拳五部內功心法，將用四次課時。時間為11月15日、22日和12月6日、13日每周六下午2:00。第一堂課將在11月15日下午兩點開班，請有興趣的學員前來報名參加。聯系電話：781-933-1666。
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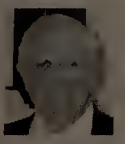
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• 舫舫中文版徵求居住昆市(Quincy)、摩頓(Malden)寫稿者寫稿者將負責報導當地亞裔活動。申請者需中、英文流利，並懂得使用中文文書處理。住其他大波士頓地區者也歡迎加入團隊。有興趣者請將個人簡介及履歷表電郵至ChineseEditor@sampan.org 和傳真到 (617)482-2316，註明 Sampan Chinese Editor。受到申請表後會用電話和電郵聯絡、討論詳情。

• 舫舫廣告部門誠徵廣告業務(Sales Representative)中、英文流利，粵語尤佳；不需有廣告、行銷經驗。薪資面洽，歡迎在學學生加入行列，可抵大學實習學分。有意應徵者請電郵履歷（中英文皆可，並請註明應徵廣告業務Sales Representative）至：recruit@sampan.org

昆市新聞

慈濟愛心健康日醫療 義診活動成功舉行



圖:當天活動吸引了將近500名居民。(劉玘 攝)

【本報劉玘報導】慈濟於11月15日舉辦第五屆慈濟愛心健康日醫療義診活動在昆士高中。活動由早上10:00開始至下午3:00結束。儘管早上下起了雨，但是天氣不佳絲毫沒有影響活動的進行。前去參加此次健康義診活動的居民從活動一開始便絡繹不決，顯示出居民對參於此次活動的極高熱情。這次活動是由台灣佛教慈濟基金會美國波士頓聯絡處與昆市亞裔協調會，及昆市多所醫療機構合力舉辦，因此本屆醫療義診又定名為「昆市社區健康日」。

據本次活動的聯絡及策劃人陳光偉先生介紹，此次活動是慈濟第一次與昆士地區的社區醫療機構合作，是一次新的嘗試，也是為慈濟今後舉辦更多這樣的慈善活動而尋求更好的合作方式。在活動現場有很多醫療工作人員和服務人員，他們都是自願報名來參加醫診活動的志工。醫療服務人員中有超過50位醫師持有麻州本地的行醫執照，還有很多持有外州行醫執照的醫師也來到現場為居民做免費義診服務。另外，現場還有190位義務服務人員負責接待和引領前來應診的居民，同時主辦方為方便醫師和應診居民之間的溝通還特別安排了翻譯志工。

為滿足前來應診居民的多方面需要，活動現場特別設立了不同分區，包括牙科、眼科、中醫、內科等具體的專科區。還設有膽固醇測試、血糖測試、腎功能篩檢、結核病皮下注射測試



圖:醫師與來看診的居民講解口腔健康。(劉玘 攝)

等檢查服務區以及健康諮詢區，提供心理健康諮詢、營養諮詢、藥劑諮詢、社會福利等諮詢服務。同時還有量血壓、測身高、體重等便民服務項目。

當天參予義診活動的還有其他一些醫療機構報括：美國腎臟基金會(National Kidney Foundation)、昆士醫療中心、滿能社區醫務中心(Manet Community Health Center)、哈佛偉嘉醫療協會(Harvard Vanguard Medical Associates)、華人醫務中心、中華醫學中心、昆市衛生局及麻州公共衛生部。同時，也有一些社區機構參加了此次活動，前來的機構包括：麻州賭博問題協會(Massachusetts Council on Compulsive Gambling)、昆士亞裔協調會、靜思文化等。

當天前來參加活動的居民大約達到500人，亞裔人士居多，其中也不乏白人居民。應診的居民當中絕大部分為中老年人，從此次活動所設的服務專區來看，主辦方也是充份考慮到了中老年人的需要，並做出有針對性服務中老年人的意圖。

此次慈濟義診日活動受到廣大居民的普遍歡迎，他們也期待著類似的慈善活動可以經常在社區內舉辦。相信在有了首次合作圓滿成功的經驗之後，慈濟基金會在今後會通過舉辦更多慈善活動的方式把愛心傳遞給更多有需要的人。

福利資訊

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【本報訊】燃油補助計劃是幫助低收入家庭於冬季期間繳付暖氣費用，歡迎符合申請資格的租戶及屋主參加。最高可獲得\$735的補貼。

申請日期：11/1/2008 至4/30/2009
申請資格：

- (1) 波士頓(Boston), 布碌鄰(Brookline)及牛頓市(Newton)之居民。
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(2) 最近一個月的租單；屋主姓名，地址以及電話。

(3) 最近一期的電費單，煤氣單或燃油單等。

(4) 凡十八歲以上無收入者，必須簽寫“無收入證明”文件。或出示全職學生證明之學校信。

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(陸穎賢 譯)

家庭人數	稅前 年薪 (\$)	家庭人數	稅前 年薪 (\$)
1	27,876	5	62,186
2	36,454	6	70,763
3	45,031	7	72,371
4	53,608	8	73,979

料，根據流行病學數據顯示，列腺癌和乳癌的病率在大多數的亞洲國家為底，但在美國的亞洲和AAPI 的移民人口卻高。結腸癌(colon cancer)在美國移民的發病率，甚至是在第一代亞裔移民也上升的趨勢。收集美國的白人和亞洲AAPI 移民在這三種癌症（列腺癌，乳癌和結腸癌）的病率，亞洲移民的基因遺傳，對於病率在美國出現的變化，是因為移民人口的西方生活方式和飲食選擇的關係。

跟據美國癌症協會（ACS）每隔五年發表關於營養和運動對預防癌症的指引，提供最新有關飲食信息對專門預防癌症有更深的認識。ACS主要建議多吃各種各樣的健康食品，強調來自農作物（植物）來源的食品；建議每天攝取5份或不同類的蔬菜和各種的水果。每天，每一餐應該嘗試包括蔬菜和水果，避免油炸蔬菜食品，如薯條和薯片等。

健康的飲食應該包括穀物，而不是加工或精製穀物和糖類。進食碳水化合物時，應選擇如麥米，麵條和麵包。甜穀物(sweetened cereals)和甜飲料如汽水，應加以限制。此外，紅肉，特別是各類含有很高脂肪和加工食品應當避免。焗、燴、燉的烹調的方法比煎、炸、燒的健康。平日選擇食品以低脂肪，卡路里和低糖是一個健康飲食選擇的基礎。

目前的科學正研究生物學對健康的好處，嘗試了解例如，水果，蔬菜，穀物，瘦的肉和如魚類等對營養和預防癌症的關係。但在目前為止，還沒有精確的認知哪一類營養對具體的癌症預防。然而，在選擇各類不同的食物如，新鮮，冷凍，罐頭食物，乾果，或果汁類的食品的時後，應該對健康有好處來選擇。但大量的確據卻證實發現了某些食物會降低各種癌症的風險。例如多食用水果，蔬菜對降低肺癌，口腔癌，食道癌，胃癌，和結腸癌的機。在另一方面，高脂肪的食物會提升結腸癌(colon cancer)，直腸癌(rectum

cancer)，前列腺癌，和子宮內膜癌(endometrium cancer)的機會。

多常喝水和限制酒精的攝取對降低包括膀胱癌，乳癌和大腸癌(colorectal cancer)的機會。肥胖問題也會增加如腎癌，胃癌，食道癌(esophageal cancer)的機會。

環境因素和某些癌症發病率的增加有明確的關聯性，證實了AAPI的亞裔移民的飲食習慣和患上癌症風險之的關係。亞洲傳統飲食習慣，對某種癌症在美國有了增加的危險機會。例如，紅肉進食的激增，使在美國的第一代移民患上結腸癌的風險上升增加。亞洲國家經常飲食的食品如大豆，黃豆，綠茶，和魚類，顯示含有抗氧化劑(anti-oxidant)和抗炎性(anti-inflammatory)有預防前列腺癌的幫助。

但減少進食這些食品會令美國亞洲移民患上前列腺癌數目增加。而少進食帶鹹和防腐的食品會使在美國AAPI的移民患上胃癌，食道癌，肝癌的人數及幽門螺旋桿菌細菌(bacteria H. pylori)的感染率下降。

了解有關營養的知識，對於生活在美國及其他國家對減低某種類型的癌症有莫大的幫助。亞洲傳統高穀物，低脂肪，低糖，少肉的飲食習慣應盡量維持。日常飲食應包括更多的水果和蔬菜來代替高脂肪和高糖的加工食品。熬和煮(滾燙)的烹飪的做法，也應保持。高溫的高脂肪油炸烹調方法，如高溫炭燒過程中會產生致癌的物質，應避免進食。

防腐的食物和真菌污染(Fungal-contaminated)食物同樣的也要避免。在這些指引下，亞裔居民在美國可以保存亞洲傳統飲食良好的生活習慣，同時在的西方飲食上也可得到益處，幫助減降低各種癌症的發病率。

(Katy Bochstall 原文，謝婉君 譯)

醫療健康

兩全其美的防癌飲食習慣

(塔夫茨醫學中心的健康資助計劃, Funded by Tufts Medical Center)

隨著肥胖症在美國續年上升的趨勢，我們意識到飲食對維持健康的重要性。可是，我們很多時卻忽略了適當的營養對預防癌症是極其重要的。根據美國癌症協會估計(American Cancer Society)(ACS)，美國每年死於癌症的50萬人，三份之一以上可以歸因於飲食和身體活動的習慣有關。

主要由於飲食對癌症的影響，發展中的國家及在國來自亞裔及太平洋島居民(AAPI)的美國移民往往在某些癌

症出現了急劇上升的趨勢。雖然普遍地，肺癌，乳癌，結腸癌／直腸癌，卵巢癌(ovarian cancer)在美國比較常見，而子宮頸癌(cervical cancer)，胃癌，肝癌在這些亞洲國家卻比較多。隨著移民比率的增加，我們可以從這些資料中，對食物的選擇和癌症的了解，有了多一點的知識。

流行病學監測，最終結果研究組織(SEER)和癌症研究收集亞洲和AAPI人口的癌症發病率和死亡率資

華埠新聞

亞裔防家暴協會絲路籌款晚宴盛大舉行



圖: (左到右)亞裔防家暴協會會長陳婉嫻、Buddy Lewis、Nannette Lewis、董事會主席東光厚子、松坂倫世、知名紅襪隊棒球手松坂大浦 (亞裔防家暴協會提供)

【本報訊】亞裔防家暴協會於11月15日在 Marriott Copley Place舉辦「第十五屆絲路籌款晚宴」，有五百嘉賓參加。波士頓市長曼寧諾及波士頓市議員尹常賢均到場支持。董事會主席東光厚子 (Atsuko Toko Fish)。

她指出該會是一個跨文化反家暴的組織。她希望通過大家的努力，能消除家庭暴力，協助亞裔家庭在社會中自給自足。她還指出該會是一個跨文化反家暴的組織。她希望通過大家的努力，能消除家庭暴力，協助亞裔家庭在社會中

自給自足。當晚節目豐富，餐前進行無聲拍賣，義賣品包括名人衣飾、珠寶等。

晚宴則有長木交響樂團精彩演出及 WCVB 電視臺記者伍沅淵主持的現場義賣。拍賣品中以豪華度假計劃、紅襪隊門票、日本投手松阪大輔球棒、紐約第凡內總公司的特定早餐最為搶手。在場嘉賓踴躍競標，現場緊張熱鬧，籌款總數高達八萬五千元。

波士頓新聞

華裔退役軍人遊行隊伍受民眾致敬



圖:華裔退伍軍人協會第328支團有11位退伍軍人參加，(右一)為會長李錦堂。(Alvin L. Wing 攝)

【本報訊】波士頓地區慶祝退伍軍人節大遊行11月11日下午在波士頓市舉行，數百人組成的隊伍，在軍樂聲中行進，遊行隊伍自波士頓公園查理街出發，經波依斯頓街、轉天滿街，至市府廣場，沿途受到民眾熱情的歡迎。美國華裔退伍軍人波士頓第328分會及波士頓榮光聯誼會亦有20多名華人老兵參加遊行，夾道民眾在遊行行列經過時，除了揮舞著國旗、給予老兵們熱烈掌聲。

波士頓華裔退伍軍人會第328支團的軍人們，都曾上過戰場，直接參加過戰鬥。81歲的余錦芳是當年二次大戰時歐洲戰場的陸軍步兵。余鏡連，71歲，韓戰空軍。黃夢彪、黃國麟則

為越戰軍人。雖然，今年只有11位該團老兵出場，但他們在歷史上寫下的卓越功勳將長留青史。該團由會長李錦堂領隊，和司徒卓榮、黃夢彪、陳參松、黃榮新、黃瑞明、陳志航、余錦芳、周暢、黃國麟和BILL等一起遊行。

1938年11月11日的「停戰日」訂為全民節日。1954年，美國修改法案，將停戰日更名為「老兵節(Veterans' day)」，又稱「退伍軍人節」，以紀念歷次戰爭中犧牲的將士，並為倖存的老戰士祝福。從此，紀念軍人的活動在全國正式展開。每當人們自由自在的生活在這片國土上的時候，這個節日喚起了人們對保衛自由和正義的戰士們的付出。讓我們不要忘記自由的代價。

社區活動

· 職場溝通技巧講座

華美福利會將於11月24日(週一)晚6-7點舉行「如何更好的與上司、同事及顧客交談」，提供溝通技巧的訓練。地點: Room414(四樓), 87 Tyler St., Boston, 聯絡Richard Goldberg: 617-426-9492, 分機223, 網址: <http://aaca-boston.org/caw>。

· 免費健康篩檢

11月22日(週六)上午9時30分到

12時30分，在僑教中心(90 Lincoln St., Newton Highlands)舉行11月22日。檢驗項目包括: 血壓、血糖、微蛋白尿、白蛋白/肌酸酐比值、膽尿、血尿、肌酸酐、血色素、推測腎小球濾過率、血脂肪、總膽固醇、三酸甘油等。報名電話: 617-965-8801。

· 兒童華語文能力測驗

新英格蘭中文學校協會將於11月23日(週日)下午2點至4點在勒星頓中文學校舉行，此測驗將由台灣的「國家華語測驗推動工作委員會」(www.sc-top.org.tw)派專人至本地舉行。地點:

Belmont High School; 221 Concord Ave., Belmont, MA。

· 第三屆中國象棋賽

波士頓中國象棋聯誼會將於11月27-29日主辦第三屆中國象棋賽，比賽地點中華公所，報名(1)鴻運海鮮酒家代理?記(5 Hudson St.華埠)，(2)電話: 508-587-0864(黃)、617-838-0076(標)、617-669-5103(梅)、617-331-2621(馬)。

· 華埠聖誕點燈

波士頓市長將會在12月7日(週日)下午1:30-2:30pm在12月7日為聖誕樹點

燈，華埠主街將於當天下午1時開始在華埠非利浦廣場舉行「兒童日」活動，歡迎民眾參加。

· 免費課後輔導

由哈佛大學學生組成的社團Philips Brooks House Association，即日起在華埠內提供小學生免費課後輔導，經由輔助教材專案、戶外活動、認字活動等，引領學童在學業上的進步。課程以英文教學，每周3次，分別為周一、周三、周五的下午3時30分至6時，上課地點在紐英崙中華公所(90 Tyler Street)。詳情可電(617) 495-5526。

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筆譯志工在本報收到個人簡介後會與你聯絡，安排翻譯事項。投稿及筆譯都屬志工性服務，尚無稿費以及津貼。若你希望對華裔生活圈有所貢獻，這是你大顯身手的好機會!

舢舨 華美福利會

Asian American Civic Association
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焦點新聞

華美福利會獲頒波士頓政府 綠化工作教育訓練獎金



圖：華美福利會執行主任李秋明(左)與波士頓市長曼寧諾(右)在頒獎典禮上寒暄。



圖：來自阿爾巴尼亞的Ajet Dollani 分享他的移民之路

【本報訊】華美福利會贏得波士頓政府「綠化工作教育訓練」的企劃比賽，並贏得一筆\$125,000的企劃獎金。波士頓市長曼寧諾(Thomas M.

Menino)於11月18日的記者會上公佈這項獎金的得主。

這次獎金企劃比賽由四個機構爭取、競爭激烈，華美福利會的企劃則脫穎而出，贏得

這筆優厚的獎金。華美福利會執行主任李秋明在記者會上感謝波士頓政府對華美福利會的支持，並表示渴望在未來於市政府合作提供綠化工作的教育

及訓練。

曼寧諾表示雖然現在景氣盛衰，波士頓政府還是走在時代的尖端，大力拓展綠色科技。華美福利會的「綠化工作教育訓練」將於明年二月開始，預計在一年內提供30位左學生的技能訓練，讓他們在畢業後可以順利進入旅館、公共衛生、資產管理業內從事環境技術類的工作。

曾經參加華美福利會職業訓練班的學生Ajet Dollani在記者會上分享他的移民之路。來自阿爾巴尼亞的Ajet 說華美福利會的課程讓他的英文進步許多，也讓他學到許多專業的技能。他剛到美國是到處做臨時工，拿最低薪資，但在華美福利會的課程結束後，他順利地在一家房屋管理公司找到全職的技工一職。



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